
Aarsha Vidya Bharati - Jan 2022

Ashadha - Sravana 2079

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



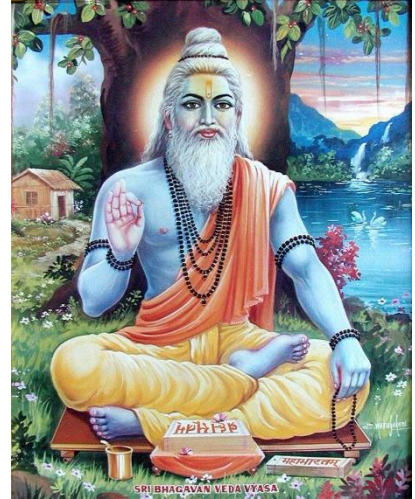
This is one of many articles from our monthly newsletter. Access the [July 2022 issue](#) or read any of [the articles](#).

Living Our Traditions

By Swamini Brahmajnananda

Gurupāda Pūjā

Guru Pūrṇimā, also called Vyāsa Pūrṇimā, is dedicated to the great sage Bhagavān Veda Vyāsa and occurs on his birthday, the full moon day in June/July, the Hindu month of Āṣāḍha. Bhagavān Veda Vyāsa codified and assembled the Vedas - Ṛg Veda, Yajur Veda, Sāma Veda and Atharva Veda. Not only that, he wrote the Mahabharata, the 18 Purāṇa-s (glories of specific deities through the teachings of dharma and Mokṣa with stories) and finally the Brahmasutras, an analytic work presenting the purport of the entire śāstra. He did this to re-establish the glory of the Śruti and passed it onto his students, who passed it on to their students, who passed it on, which then became the teaching tradition.



In the Vedic tradition, the Guru is worshipped as the very embodiment of Brahavidyā, the knowledge of oneself, as ever free. The feet of the Guru (Guru-pāda) represent the foundation of this teaching. And hence the Guru's feet or sandals (if Guru is not present) become a tangible altar of surrender for the śiṣya. Self-knowledge can abide only with śraddhā – a trust and reverence for the teaching and hence the teacher. Thus, Gurupāda Pūjā is performed in order to express one's śraddhā to the guru, gratitude to the Guru paramparā for all the knowledge one has received in one's life, to honor the tradition and renew our commitment.

If you have the blessing of a guru, then you can join in the puja performed to the Guru or you may perform the Guru pāda pūjā keeping a picture. To learn the steps properly, contact Rashmi (rashmi@discoveratma.com) or [please download this](#) if you have some familiarity with the chants and steps.

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